

WARM-UP: DECEMBER FUN!

(Week 3 lesson plan)

WARM-UP SONG:

Week 3: Reindeer Pokey (Jumping Jacks Superstars) - ONLY ON SPOTIFY

STRETCHES:

Week 3: Reindeer Stretches

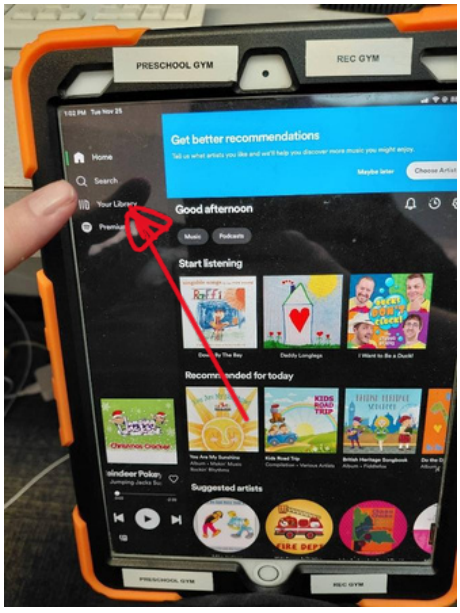
- Reindeer “Jumping Jacks” (apart together jumps)
- Reindeer Kicks (Donkey Kicks)
- Rudolph “child’s pose” shoulder stretch
- On all fours stretch Reindeer legs and arms by lifting one at a time

Finding Song on Spotify on Orange Ipad

1) Open iPad and open Spotify



2) OpenSpotify“YourLibrary”



3) Open Song: Reindeer Pokey

